



News Notes

C-17 ceremony – All of Team Hickam is invited and encouraged to come out to base operations Wednesday beginning at 10 a.m. for a cultural show preceding the arrival of Hickam's first C-17. This is a day that will start a new airlift era in the Pacific and everyone can come out and celebrate this event.

Prayer breakfast – The Pro Bowl Prayer Breakfast is Feb. 11, from 7 to 9 a.m. at Richardson Field in Pearl Harbor (across from Aloha Stadium). Hear testimonies from NFL players, coaches, and mascots on the role that God has played in their lives. Ticket prices are \$5 for military personnel and their dependents and all children; and \$7 for adult civilians. Ticket purchase includes continental breakfast. Tickets are available now at the Pearl Harbor Memorial Chapel, located next to McDonalds on Pearl Harbor Blvd. For information, contact the chapel at 473-3971.

Book sale – Hickam Friends of the Library is having its bi-quarterly book sale to raise funds in support of Hickam Library programs. The sale is Saturday from 9 a.m. to 2 p.m. Paperback purchases are 25 cents and hardbacks are \$1. The sale is located in Building 1711 (Kuntz Avenue) next to the Airman's Attic. We are also seeking donations of used fiction and non fiction books, in good condition.

Flight closure – The Force
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In this week's Kukini



Check out facts about the C-17 in the pull-out C1



Spirit of Hawaii Ke Aloha
C-17 COUNTDOWN
5 days

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C-17 arrives Wednesday

By Kirsten Tacker
Kukini Photojournalist

The countdown is officially over, Hickam will soon feel the presence of the first of its eight C-17's.

Hickam's first C-17 will touch down Wednesday at 10:30 a.m. A cultural show will precede the arrival of the C-17. The cultural show will begin at 10 a.m. in front of base operations. Several groups from various countries will perform traditional dances reflecting their nations' heritage.

General Hester takes flight from Long Beach, Calif. to Kaneohe Bay Marine Corps Base, Tuesday where the aircraft will receive a traditional Hawaiian blessing.

"The C-17 gives our nation the flexibility and dexterity to excel across the entire spectrum of military operations - it can provide humanitarian aid one day and support full-scale combat the next," the general said. "I'm confident that these new aircraft, along with the proud and professional Airmen of Pacific Air Forces and the Hawaii Air National Guard, will help bring this vast and diverse region a bit closer together."

The C-17 is making history at Hickam and in the Air Force as the first U.S. Air Force C-17 airlift wing outside of the continental United States.

"Hickam will continue it's proud flying heritage and be able to more fully participate in turning the

Commander of the Pacific Command's and Commander of Pacific Air Forces vision into reality," said Col. Bill "Goose" Changose, 15th Airlift Wing commander. "Beyond that, we (Team Hickam) are excited to be part of several 'firsts.' The first C-17s stationed OCONUS, the first active duty and Air National Guard associate airlift unit and the first combined (active duty-Guard) maintenance group. All in all, it should provide everyone on Hickam with a visual reminder that we participate daily in our nation's defense and help make this very, very important Pacific region more stable."

One of the biggest changes to Hickam is the integration of the

active-duty units and the Guard units.

"We're really excited about this partnership with the 15th Airlift Wing," said Brig. Gen. Pawling, 154th Wing commander. "It will combine the best strengths that the Air National Guard and the active duty have to offer - the long-term stability and expertise of the Guard work force and the fresh ideas and enthusiasm that active duty Airmen will bring. We're one team first, then we're the Hawaii Air Guard and active duty. I honestly could not think of a better place to forge this partnership than here in Hawaii where we have such long established

See C-17, A6

C-130 bids farewell, makes room for new era

By Staff Sgt.
Betty Squatrito-Martin
154th Wing Public Affairs

Members of the Hawaii Air National Guard's 204th Airlift Squadron said good-bye to an old friend as the C-130 Hercules completed its final mission here Jan. 24.

The C-130 departs Hickam after 20 years with the Hawaii Air National Guard to make way for the new C-17 Globemaster III due to arrive here Wednesday.

The aircrew ended the C-130's mission in Hawaii spending it, hauling and delivering cargo. The aircrew delivered the C-130s last load to the 201st communications squadron on Hilo and returned with its last load to Hickam.

In addition to outer island runs, the C-130 Hercules' has been used to deliver and pick up cargo from as far west as India and as far east as Israel.

In 1992 the 204th AS participated in Cope India, which was the first joint operation with the Indian Air Force.

"Cope India was the most satisfying mission I've been on," said Ernst, C-130 navigator. "We



Photo by Staff Sgt. Betty Squatrito-Martin

Flight Technician Tech. Sgt. Anthony Ilagan, and Co-Pilot Capt. Noa Allen, Hawaii Air National Guard, look on as the C-130 Hercules commanded by Lt. Col. James

were stationed near the Taj Mahal with Indian troops who were learning to jump, and we dropped a lot of Indian soldiers during the exercise."

The last C-130 will

leave Hickam Feb. 15 when Lt. Col. Gerry Mansell, C-130 pilot and former commander of the 204th AS, will fly and deliver the aircraft to the Idaho Air National Guard.

Yuki approaches Honolulu International for the final touchdown of the HIANG's final C-130 mission. The C-130 mission will be replaced with the C-17 mission.

It is hard to watch the aircraft go, said Colonel Mansell, "It's like a comfortable pair of shoes. I've flown it all over the world, and I know it inside and out. I am so familiar with

it, it is relaxing." Although the C-130 is often ridiculed for being big and slow, it is those attributes that distinguish

See C-130, A6

Gen. Hester speaks on C-17's effect on Pacific

By Maj. Bradley Jessmer
Pacific Air Forces Public Affairs

The C-17 was the topic of discussion Jan. 24 during a local community leader luncheon at the Oahu Country Club, where Gen. Paul Hester, Pacific Air Forces commander, had the opportunity to share the many capabilities of the aircraft.

While speaking to local leaders, General Hester emphasized the humanitarian and wartime missions of the C-17, focusing on the total force opportunities the C-17 will bring to Hawaii.

"The C-17, as amazing as it is, is nothing more than an opportunity for America to continue to show who America is," General Hester said. "We've had the opportunity to take it in times of need to show those in this region in particular that America can reach out the velvet hand of humanitarianism and that we can in fact embrace those who need help."

Concerning humanitarian efforts, General Hester described the unique message the C-17 brings with it every time it conducts a mission to those who are



General Hester

American flag up on the tail that provides that," the general said

Concerning wartime missions, General Hester spoke of supporting our military forces through supplies and transportation.

"While we'll be helping nations, while we'll be

in need.

"When the back end of the airplane opens up and food, water, supplies, medicine and doctors come off and others come in with civil engineers and Seabees who jump off to make life better for those who are in trouble on the ground, it is in fact that marvelous C-17 with the

See SPEAKS, A6

HQ PACAF converts to A-staff structure

By Maj. Bradley Jessmer
Pacific Air Forces Public Affairs

Time and necessity bring change, and change is in the air for Headquarters Pacific Air Forces, which will convert to a new command structure re-designating all headquarters offices by April 1.

The current designations of two, three and four letters will be replaced by a system consisting of the letter "A" followed by numbers given to each directorate. This system, ranging from A1 to A9 will bring standardization throughout all Air Force commands.

"As you can imagine, many are involved in this process," said Maj. Eric Stubbs, Pacific Air Forces Wartime and Organizations Branch chief. "My role has been to facilitate the development of PACAF's proposed organization structure codes which we submitted to Air Staff in December and continue to refine."

See A-STAFF, A6

Hawaii Businessman joins AF's Civic Leader's Group

General Paul V. Hester
Pacific Air Forces commander

In an effort to continue strengthening the partnership between our base communities, local leaders and Air Force senior leadership, our top Air Force Airman General T. Michael Moseley, Chief of Staff of the Air Force, has invited 24 community leaders to join the inaugural CSAF "Civic Leaders Group."

Although civic leader group programs are already prevalent in Air Force communities where bases exist, this program is unique because the group represents the entire U.S., including Alaska and Hawaii.

I'm proud to say that a prominent Hawaii businessman is a part of this ground-breaking group. Representing Pacific Air Forces from Hawaii is Mr. David Carey, Chairman of the Hawaii Chamber of Commerce Military Affairs Council; he is also the president and chief executive officer of Outrigger Enterprises, Inc., a Honolulu-based company that owns Outrigger Hotels and Resorts and OHANA Hotels of Hawaii.

One of the goals of this inaugural group is to tap into our civic leaders' expertise by collaborating efforts and sharing perspectives at least two times a year.

By doing so, we hope to improve our Air Force relationship with these leaders and their regions as we discuss the challenges facing our military communities.

The first scheduled meeting is February 9-10, 2006 at Nellis Air Force Base, Nevada. We look forward to the successful launching of this new program and receiving positive feedback from Mr. Carey. As we are only days away from this inaugural event, I echo the words of General Moseley, "Together, there are a lot of great things we can accomplish...our Air Force is the best in the world because of the support of incredible citizens like these."

New era in airlift



Col. Bill "Goose" Changose, 15th Airlift Wing commander, speaks during a luncheon with Hawaii Civic Leaders.

By Col. Bill "Goose" Changose
15th Airlift Wing commander

In five days our first C-17A will arrive at Hickam. It will mark the culmination of much hard work and planning by people throughout the Air Force, Air National Guard and Department of Defense. More importantly though, this arrival will mark a new era of airlift in the Pacific.

For the first time since they've been in the inventory, C-17s will be permanently stationed outside the continental United States.

The Pacific Command and Pacific Air Forces area of responsibility is vast, but having these aircraft stationed here means they're six hours closer than the mainland and that's a six hour faster reaction time when airlift

is needed throughout the Pacific.

For the first time in history we've formed an active duty-Air National Guard strategic airlift associate unit. The 15th Airlift Wing and the Hawaii Air National Guard 154th Wing will jointly operate and maintain these aircraft.

We'll be able to take advantage of the best attributes both of these units offer and combine them to employ the C-17 globally, regionally, and locally to maximize its effectiveness.

Although these "firsts" are wonderful lines in the history books, the real history of C-17s is yet to be written.

All of Team Hickam looks forward to the great work maintainers, support personnel and aircrew members will perform as we enter this "new era in airlift."

Exercise offers five benefits including clear, powerful mind

By Chaplain (Capt.) David DePinho
15th Airlift Wing Chapel

Noticed a few years ago that I had a tendency to forget things that don't happen on a regular basis. It was disturbing and it was becoming a problem. Try being a multi-tasked person who can't remember why you're going upstairs or standing in front of the refrigerator. Well, if you can imagine it (or have been there), you know what my life was like. Like most of us, I have to write things down, but for a while I couldn't even find my reminders. So what did I do?

Finally, in desperation, I asked my doctor, "What can I do to improve my memory?"

He looked over my overweight body and his answer surprised me. He said, "Exercise." "What?" I asked. "Exercise improves memory? How can that be?" He gave me some information and with a little more research I have the answers.

Dr. Antonio Convit of the New York University School of Medicine and others tells us there are many triggers that make parts of the brain regenerate themselves. Dr. Convit reports that just as exercise stops the loss of muscle tissue, it actually stops the loss of brain tissue too.

Even more amazing, Justin Rhodes, a postdoctoral fellow in the department of Behavioral Neuroscience at Oregon Health & Science University's School of Medicine and at the Veterans Administration Medical Center in Portland, Oregon reports "When a mouse is running on a treadmill, or running on a wheel, you get increased production of a chemical in an area of the brain that plays a role in learning and memory," says Rhodes. "What this brain chemical does is it strengthens connections in the brain and it protects neurons, and it increases their survival. And along with that, you get increased growth of new neurons."

In plain English that means the mouse can learn easier and remember better. And so can we. So the old adage about a "sharp mind and a healthy body" seems to be true. Work on your run time and you will be able to remember things better. Work on your push ups, sit ups and run time together and get a better score on your promotion testing.

In order to help me make the most of my personal workout time, I decided to become a physical training leader. Afterwards, I made up a personal workout program that included 30 minutes of running every other day (except Sunday) and an hour of lifting weights at the gym every other day. Before long, the difference in my personal appearance was obvious. I lost 15 pounds and looked good

(according to my wife). But the most marked difference was in the reason I initially decided to start the exercise. My memory improved dramatically.

Now, if you know me, you might be saying, "Wow, could he have had worse memory?" Sad as it is to say, the answer is yes. And yes I do still forget things. But now, I usually remember before it becomes too serious. I now remember to check my calendar or don't forget the important things at all. I have experienced a big improvement. And if you're still skeptical, I did still lose those 15 pounds.

So are you sold? Are you ready to rush out and buy a new pair of running shoes? Not yet? I thought you might need a little more persuasion. I have an ace in the hole, just like those paid advertisement infomercials where they say "But wait, there's more." Did you know that exercise can also extend your life? That's right, people who exercise live longer, and more importantly, spend less of their twilight years in a nursing home. They not only draw that retirement they worked so hard to earn for years longer, they also live independent longer. I don't know about you but I am sold. Now you have five reasons to make the effort to exercise. A fit body, improved appearance, stronger brain power, better promotion test scores and a longer life.

So are you sold? I thought so; see you on the track.

Action Line

The purpose of the Action Line is in its name. It's your direct link to me so we can work as a team to make Hickam a better community. It also allows you to recognize individuals who go above and beyond in their duties – and we all know there are plenty of those folks here.

All members of Team Hickam are welcome to use the Action Line; however, I urge you to give the normal chain of command the first chance at resolving problems or issues. It's only fair to give our commanders and managers the first opportunity to work issues under their responsibility.

If you have done this and are still not satisfied, give my commander's Action Line a call. If you would like me to get back to you, leave your name and number, state your issue, tell me who you have talked to and why you were not satisfied with their response.

I'll work your issue and respond verbally or in writing. The Action Line number is 449-2996. Messages may also be sent by e-mail to 15aw.pal@hickam.af.mil.

Speeding on base

Comment: I would like to second the sentiment of what was in the action line column of the base paper recently about the speeding on the base. In 21 years I've been in the military, this is probably the most atrocious speeding base that I've ever seen, especially in base housing. I know the cops are spread thin.

My dad was a policeman for 42 years, they had this new system that not only shows people their speed but they also take pictures of their license plate, that way they can track them down and issue a ticket. Perhaps a monetary fine; I don't know, but it

is bad here, especially in housing.

Also, I'd like to see if a policy could be established prohibiting the use of cell phones while driving on this installation. I've been here two and a half years and almost had an accident today because someone was too busy dialing their cell phone and not paying attention to where they were going. In my opinion there is no reason to use the cell phone while driving.

Use of cell phones while driving are a major distraction and sooner or later someone is going to get run over as a result. If you could give this some consideration, I am sure myself and many others would great appreciate it. Thanks a lot.

Response: Thank you for your recommendations. Security forces patrols the base to ensure motorists operate their vehicles in a safe manner. Currently, the primary means of identifying speeders is using manually-

operated speed measuring devices. However, they also conduct deterrence patrols at random locations at various times throughout the day.

Additionally, they use a speed monitoring machine (speed cart) that's strategically placed at various locations on the installation that shows motorists how fast they're going.

The use of an automated camera system to take pictures of traffic violations is a great idea, however budget constraints make this cost prohibitive at this time.

The use of cell phones by operators of motor vehicles is being reviewed and will be addressed in the new AFI 31-204, Air Forces Motor Vehicle Traffic Supervision.

If you have additional questions or concerns please call the security forces law enforcement desk at 449-2677. Thank you for your concerns for the safety of the Hickam Community.

Crisis Response lines

- Hickam Family Support Center
449-0300
- Life Skills Support Center
449-0175
- Law Enforcement Desk
449-6373
- Base Chaplain
449-1754
- Military Family Abuse Shelter
533-7125
- SARC Hotline
449-7272

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Snack, sip all day: risk tooth decay

Editor's note: This is the first in a four-part series for the month of February, Children's Dental Health Month.

By Capt. Susie Kruse
15th Aeromedical Dental Squadron

Good nutrition is vital for every child's dental health. Now more than ever, kids face a bewildering array of food choices. What children eat and when they eat it affects not only their general health but also their oral health.

Americans are consuming high sugar foods in larger portions than ever before. For example, the average teenage boy in the United States consumes 81 gallons of soft drinks each year. Sugar on teeth provides food for bacteria, which produce acid. The acid in turn attacks the teeth. Each sugar exposure produces acid for at least 20 minutes. Repeated attacks result in tooth decay.

Even foods such as bread, milk and fruit contain sugar. The good news is that these foods do not need to be totally eliminated from people's

diets. A balanced, nutritious diet combined with timely and effective brushing and flossing will help prevent tooth decay.

The following are tips from the 15th Aeromedical Dental Squadron to help reduce children's risk of tooth decay:

- Sugary foods should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.

- Limit between-meal snacks. When snacks are given, offer nutritious foods such as yogurt, cheese and raw vegetables.

- Chewing sugarless gum after eating can increase saliva flow and help wash away food and decay-producing acid.

- Monitor beverage consumption - Instead of soft drinks children should choose water and low-fat milk.

- Help children develop good brushing and flossing habits.

- Schedule regular dental visits.

Prayer luncheon



Photo by Angela Elbern

The Kidz Chorale, from Korea, wows the crowd at the National Prayer Luncheon, Jan. 27 at the Hickam Chapel

Center. The event also included the Central Christian Academy's Children Choir, Korean choir as well.

F-35 Joint Strike Fighter Simulator Simulator offers pilots training at Hickam

By Tech. Sgt. Shane A Cuomo
Air Force Print News

HICKAM AIR FORCE BASE, Hawaii – The F-35 Joint Strike Fighter will deliver unmatched advantages to U.S. and coalition forces. No fighter program in history compares with this one.

The mission requirements were clear – replace aging legacy fighters with an affordable single array of aircraft; build a tactical fighter implementing 21st century technology, based on the principles of affordability, lethality, survivability and supportability; ensure a common design capable of supporting multiple variants and customize each variant to meet specific missions and requirements.

The Air Force expects to purchase 1,763 F-35's to complement the F-22 Raptor and replace the F-16 as an air to ground strike aircraft. The USAF advances its air expeditionary force capabilities far into the 21st century with a fighter that has a large internal weapons bay and internal gun plus extraordinary internal fuel capacity. The variant includes infrared sensors

and laser designator. Pilots launch with a fighter that carries larger payloads for greater distances and with extraordinary thrust and 9-g maneuvering.

The revolutionary developments represented in the design of the F-35 include specific advances and combinations of leading edge technologies never before incorporated in a single aircraft design. Pilot selectable interchangeable windows on the flat panel cockpit display provide unprecedented pilot tactical situation awareness.

"The JSF has a much more advanced cockpit display. Its got one integrated display that puts all your tactical situational information right there in one place for the pilot to read and digest quickly," said Maj. Don Borchelt Air to Air Section Chief at Pacific Air Force Headquarters.

"The main thing the JSF does is decrease the pilots workload. It presents all the information into one easily digestible format that the pilot can know exactly what is going on without having to do a lot



Photo by Tech. Sgt. Shane Cuomo

Maj. Don Borchelt, Pacific Air Forces, flies the F-35 Joint Strike Fighter simulator as Lockheed Martin representatives watch. The F-35 JFS simulator was at Hickam this past week. It will deliver unmatched advantages to the United States and coalition forces. The Air Force advances its air expeditionary force capabilities far into the 21st century with a fighter that has a large internal weapons bay and internal gun plus extraordinary internal fuel capacity.

See F-35, A6

Military OneSource provides members with free tax service

By Petty Officer 3rd Class Chris Hwang
American Forces Press Service

Military members and their families can now file their taxes for free, thanks to a partnership between a group that helps military people deal with financial issues and a civilian financial services company.

"Military OneSource" has partnered up with Intuit, a financial services company, to provide the TurboTax basic product for federal and state returns at no cost. Military members can download this program and also benefit from tax

consultations and have access to appropriate resources. The Military OneSource Web site will provide annual upgrades to the TurboTax software at no cost.

"This tax consultant support for filing 2006 taxes is available telephonically toll free (800-342-9647) and at no cost to the servicemembers from any deployment location in the world," acting Deputy Undersecretary of Defense for Military Community and Family Policy Jane Burke said. "Military OneSource tax consultants are also familiar with the IRS publication 'Armed Forces Tax Guide.'"

Burke said DoD has a long history of offering tax assistance to military members, but this year the department is offering the opportunity for servicemembers to self-file electronically at no cost, using a popular software product that double checks for accuracy.

"For many years, help has been available at many installations through the Voluntary Income Tax Assistance program. VITA volunteers will continue to be available through legal centers at most installations. VITA volunteers help servicemembers to file their taxes free of charge,"

said Burke.

Defense Department personnel noticed the need for a tax filing system that met military members' needs. TurboTax modifies itself based on the customer's information relevant to their unique tax situation. Providing an easier way to file taxes is an important quality-of-life issue, officials said.

"DoD recognizes the reciprocal relationship that binds the military member, the military mission, and military families. The Department is working hard to make a difference in the quality of life of servicemembers and their

families," Burke said. "The Military OneSource program, available worldwide 24/7, leverages technology to help servicemembers and their families deal with the stresses of the military lifestyle. Providing access to electronic tax filing with the free telephonic support of a tax consultant is just one of the services offered by the Military OneSource service."

TurboTax customers can expect to see a new and improved way of filing their taxes as well. The easy-to-understand language allows users to feel more confident about the information they receive.

Users can also click on an "Explain This" button within the TurboTax Web site to get relevant help.

TurboTax also includes timesaving summary screens, allowing users to quickly review and edit their data.

"The department is proud to offer innovative options, like free electronic access to Turbo Tax and telephonic support, for addressing the challenges that military members and their dependents face. The Department of Defense recognizes that families also serve and is committed to supporting military families," Burke said.

Hickam Carnival comes soon

By Paulette Burnard
15th Services Squadron

The 48th Annual Hickam Carnival is scheduled for Feb. 17 to 19 at Earhart Village.

The military community and guests are in for three days of carnival mid-way rides, professional and amateur stage entertainment, kiddieland amusements, fabulous prizes, food, beverages, and a beer garden.

The fun begins when the gates open Feb. 17. Col. Bill “Goose” Changose, 15th Airlift Wing commander, starts drawing lucky tickets at 6:45 p.m. for prizes which include a Bahamas cruise for two, \$1,500 worth of framed art, Polynesian Cultural Center tickets, a weekend vacation for two at the Ilikai Waikiki Hotel, accommodations at Kilauea Military Camp, a \$100 AAFES gift certificate, Mary Kay gift baskets, gifts from Menchune Water Company, Magic in Paradise tickets, Sunday brunch tickets at the Hale Koa Hotel, Toms Polynesian show tickets, a DVD player, an iPod, a digital camera, and more.

Tickets for rides and food go on sale Monday through Feb. 16 at most 15th Services Squadron facilities as well as the base exchange and commissary. In addition, customers can buy a wrist band Feb. 18 at the fair grounds for \$18 and ride all the carnival rides from noon to 5 p.m.. Scrip or cash can be used to buy the wrist band. Customers can donate tickets to the Shiners or the Ronald McDonald House.

The Hickam Carnival helps support the Hickam Community Center and Youth Programs. For more information, call the community center at 449-2361.



Carnival Schedule of Events

Feb. 17, 5 to 11:30 p.m.
5:30 p.m.: AF Band Hana Hou performs
6:45 p.m.: Prize Drawing
7:15 to 8:15 p.m.: Keahiwai
9 to 10 p.m.: Ka'ala Boys perform
10 p.m. : Thick Tube's - Honolulu's Surf Reggae Band performs

Feb. 18, noon to 11:30 p.m.
1 to 2 p.m.: Hula/Community Center
2 to 3 p.m.: Karate/Youth Programs
3 to 3:30 p.m.: Polynesian Cultural Center Performance
3:30 to 4:30 p.m.: Gymnastics/Youth Programs
4:30 to 5:30 p.m.: Hyper Squad & Hop Character Dance
5:30 to 5:45 p.m.: Belly Dancing
6 to 7 p.m.: Backyard Pai'na
7:30 to 8:30 p.m.: Paradise X's
9 to 10 p.m.: Reunion

Feb. 19, noon to 10 p.m.
1 to 2 p.m.: Dance Movement Company



2 to 3 p.m.: Hickam Cheerleaders
3 p.m.: Hickam's very own “Adam Cruz”
4 to 5 p.m.: DITA Hollifield, Country Band
6 to 7 p.m.: Paradise X's Band
7:30 to 8:30 p.m.: Kawao Band



Damage to property

An active-duty Air Force member reported damage to his vehicle.

Damage to property

An Air Force family member reported damage to her vehicle.

Shoplifting

An Army Air Force Exchange Service store detective reported observing an unidentified individual by security camera, concealing merchandise and exiting the base exchange without rendering payment for the item. Total cost of stolen merchandise: \$3.92.

Attempted break-in

An active-duty Air Force member reported an attempted break-in at her residence.

Theft of property

An Air Force family member reported his personal identification card, driver's license, and credit card were missing from his wallet.

Damage to property

An active-duty Air Force family member reported damage to his vehicle.

Theft of property

An active-duty Air Force

member reported his spouse's purse was taken from their rental car while on a tour off base.

Harassment

An Air Force family member reported her child was being harassed by a group of kids.

Theft of property

Two Air Force civilian employees reported that a 10 foot chain and a stainless steel anchor were found missing from a boat parked at the Hickam Harbor. Total cost of stolen items: \$ 150.

Theft of property

An Air Force family member reported her military issued I.D. card was stolen from her rental vehicle.

Damage to government property/housebreaking

An Air Force civilian employee reported someone broke into her office and attempted to locate the cash box. Estimated cost of damage: \$100.

Damage to property

An Air Force retiree reported someone had pulled the sink out of a concrete wall.

Shoplifting

A family member of a Navy retiree was detained by AAFES store detectives for shoplifting. Total cost of stolen merchandise: \$1.90.

Thunderbirds hiring for 2007 year

By Capt. Angela Johnson
Thunderbird Public Affairs

NELLIS AIR FORCE BASE, Nev. - The United States Air Force Air Demonstration Squadron will complete a very busy and historic season in 2006. The team will perform more than 70 demonstrations in 27 states. The team will also be making history with the first female demonstration team pilot in the United States. Capt. Nicole Malachowski from Las Vegas, Nev., will be flying in the number three position as the right wing and will help the team to represent the more than 530,000 Airmen throughout the United States.

In preparing for the upcoming season, the team is also looking to hire seven new officers for the 2007-2008 seasons. Each January, the team solicits applications for new officers. This year, there are seven positions opening: three demonstration pilots, an operations officer, executive officer, maintenance officer and a public affairs officer. Officers serve two years on the team in their position.

The demonstrations pilots perform aerial demonstration maneuvers to exhibit the capabilities of high performance aircraft and supports air force recruiting and retention programs. Applicants must be qualified for aviation service and have a minimum of 1,000 hours of first pilot and instructor pilot flying time in jet fighter or trainer aircraft and have been qualified in fighter aircraft. They must also have no more than 12 years of active commissioned service as of Dec. 1, 2006.

The operations officer is the second in command and runs daily operations and scheduling. This officer must be a major and serves as safety observer and evaluator for air demonstrations, and flies celebrity, media, and orientation flights. To be the operations officer applicants must be qualified for aviation service and have a minimum of 1,000 hours first pilot and instructor pilot flying time in jet fighter or trainer aircraft and have been a qualified in fighter aircraft.

The executive officer supervises executive support, information management, budget and personnel selections as well as manages overall squadron operations. The exec also serves as the squadron commander during the commander's frequent deployments. Applicants for this position must be a pinned on captain by Nov. 1, 2006 and squadron section commander or executive officer experience is desired.

The maintenance officer oversees approximately 90 aircraft maintainers and is responsible for keeping the squadron's fleet of 11 F-16s mission ready. To apply for this position, an officer must be fully qualified in the 21A3 AFSC and a major or major select by Nov. 1, 2006.

The public affairs officer oversees the thunderbird publicity programs and specialists to include photography, graphic arts, recruiting and broadcasting. Applicants for this position must be a fully qualified 35P3 and a pinned on captain by Nov. 1, 2006.

Air Force officers interested in applying can contact the team's executive officer at Nellis Air Force base for details on requirements can contact Capt. Todd Randolph at DSN 682-9584 or Tech. Sgt. Rebecca McClinton at DSN 682-2279.

The team's first performance was June 8, 1953 at Luke Air Force Base, Ariz. Since then, the Thunderbirds have flown before more than 400 million people at more than 3,800 air demonstrations in all 50 states and 59 foreign countries.

"Our job is to demonstrate the professional qualities the Air Force develops in the people who fly, maintain and support the aircraft," said Maj. Jeremy Sloane, the team's operations officer. "We are a mirror-image of every other front-line fighter unit in the Air Force. Every member of the team is critical to the success of the mission."

"Because of military budget cuts and downsizing, a perception exists that the Air Force is out of the hiring business. Quite the contrary. That's why the Thunderbirds are here. Our red, white and blue jets are a vivid reminder to young people that the Air Force is still hiring," said Major



Courtesy photo

The Air Force Thunderbirds are hiring for several different positions on their team.

Sloane. "We need more than 24,000 new recruits this year alone."

The team is assigned to the 57th Wing at Nellis Air Force base and made up of eight pilots (six demonstration pilots), four support officers, four civilians and more than 120 enlisted in 28 career fields. Between March and November, the Thunderbirds average nearly 70 demonstrations, keeping them on the road more than 220 days.

"During the demonstration, the pilots fly some of the same maneuvers that every Air Force pilot learns in initial training," said Major Sloane. "Safety is paramount and key to planning the demonstration maneuvers."

The Thunderbird diamond formation, flying an average distance between 18 inches and 3 feet apart, represents the skills and training of every U.S. Air Force pilot.

"Because of the aircrafts' proximity to each other, there's little margin for error," explained Capt Malachowski, right wing. "We have tremendous confidence and trust in each other and our capabilities."

Thunderbird solo pilots' job is to highlight the capabilities and max perform the F-16C Fighting Falcon to the world.

More than 90 aircraft maintainers ensure the Thunderbirds' fleet of 11 F-16s are mission capable and the pilots strap themselves into a safe and reliable aircraft every time. Without their dedication, attention to detail and long hours of preparing for the performance, the demonstration may not be possible, said Maj. Sloane.

"It's an honor for us to represent the Air Force," said Master Sgt. Tim Bollinger, Sortie Support Flight Chief. "It means a lot to all of us representing the quality of the pilots, maintainers, and aviation support people who continue to make the U.S. Air Force the best in the world."

Twenty-two maintainers who show they have the initiative and the drive it takes to keep the team's F-16s mission ready, are assigned directly to an aircraft as a crew chief.

In addition to pilots and maintainers, there are an additional 30 people behind the scenes supporting the Thunderbird mission in operations, communications, administration, supply and public affairs.

Watching a Thunderbird performance provides only a small glimpse into how 530,000 Air Force professionals perform every day.

For more information, please visit our website at www.airforce.com/thunderbirds.

Don't ditch unwanted vehicles

By Paulette Burnard
15th Services Squadron

Abandoned vehicles are a common site on the island of Oahu. All too often trips around the island mean views impeded by rusted or burned out cars on the side of the road and at public beach parks.

Increasingly, this is becoming a problem even here on Hickam. The process of changing duty stations can be a stressful and frustrating ordeal for many Air Force members. This transition is made even more demanding when other factors, such as trying to figure out what to do with an unwanted vehicle, are involved. Nevertheless, abandoning the vehicle is not an acceptable solution to the problem.

Ditching an unwanted vehicle can be an expensive crime. An abandoned vehicle is considered solid waste and the dumping of solid waste in the state of Hawaii is a Class C felony and is punishable by a fine of up to \$50,000. Military members could also face punishment under the Uniform Code of Military Justice.

Fortunately, there are programs in place that can help take that unwanted vehicle off the owner's hands and, in the process, assist someone in need. All it takes is a little paperwork and preparation.

In order to donate a vehicle, the title is required. People who do not have the title may apply for a replacement title and also download the necessary forms to transfer ownership online at <http://www.co.honolulu.hi.us/csd/vehicle/mvehicle.htm>.

For more information on donating a vehicle, contact any charity. Here is a list of charities that may accept a car donation: the National Kidney Foundation (www.kidney.org), Catholic Charities Hawaii (www.catholiccharitieshawaii.org), the Family Care Foundation (www.donate-car-for-charity.com), Activated Ministries (www.activatedministries.org), and the Hawaiian Humane Society (www.hawaiian-humane.org). The charities listed in this article are outside the U.S. Federal Government and the information provided about these charities is for the convenience of the reader. Use of any charity listed does not constitute an official endorsement or approval by the U.S. Air Force.

C-17, From A1

ties between the Hawaii Air National Guard, our active duty hosts and PACAF.”

The C-17 is the most advanced military airlift aircraft in the world today and is capable of performing both strategic and tactical missions.

“At this point the Air Force is scheduled to buy 180 C-17 aircraft,” said Colonel Changose. “As the Air Force looked to match airlift requirements with capability, having C-17s in the Pacific theater, specifically Hickam and next year Elmendorf, makes perfect sense.

SPEAKS, From A1

re-supplying ourselves, we're also going to help those who are going into harm's way,” the general said. “Those who leave from our Hawaiian Islands and head into the danger zones of Iraq and Afghanistan can be transported on this C-17.

“Our [U.S. Army] Stryker Brigade - both here and up in Alaska - can in fact be transported on our C-17s - and very quickly,” he continued. “Our Airborne Brigades that are

developing in the Pacific, specifically up in Alaska, can be transported and they can do their practicing out of our C-17s, in addition to the C-130s that we will continue to have in the Pacific.”

The general also spoke of the C-17's unique “total force” mission at Hickam by joining the active-duty Air Force and Hawaii Air National Guard together as a team, sharing the same aircraft.

“It is the first time in the

The Pacific Command is the largest of the combatant commander areas of responsibility. Although the U.S. Transportation Command does a great job in filling the airlift requirements throughout the world, the uniqueness and vastness of the Pacific region makes it a perfect match for these state-of-the-art aircraft.”

All of Team Hickam is invited to come out and celebrate this extraordinary event at base operations Wednesday.

history of the Air Force where we have joined the Guard and the active-duty in the mobility business together,” General Hester said.

More than 240 local leaders were present during the luncheon with various C-17 crewmembers present at each table ready to share the C-17 story. The first C-17 to be stationed outside of the Continental United States is due to arrive here Wednesday.

F-35, From A1

of switch actuations,” said Borchelt.

“The system that we are showing right now has already been tested on different platforms,” said Clyde Bellinger Joint Strike Fighter Pilot Interface Representative for Lockheed Martin. “It’s going to have fantastic capabilities. What we are showing as far as the demonstrator is concerned should be very close to what’s

going to be on the actual aircraft.”

The result is the world’s most affordable advanced multi-role stealth combat aircraft. It's a war fighters dream with a single flexible design developed for three distinct military service requirements, the first ever fighter with stealthy, supersonic, short take off/vertical landing capability.

NEWS NOTES, From A1

Development Flight (Base Training and Education Office, Career Assistance Advisor, Formal Training, Base Testing and FTAC) will be closed Wednesday for the C-17 arrival events. There will be no CLEP/DANTES or PME testing on that day. Please plan ahead to avoid any inconvenience.

Electrical outage – An electrical outage is scheduled for Feb. 6 and will affect Fort Kam housing, Hawaii Air National Guard facilities, the Mamala Golf Course, Buildings 1072 & 1073, and

the fire training facility beginning at 6 a.m. until 9 a.m. This outage is necessary to facilitate upgrade of the electrical distribution systems at Hickam. For more information, contact Henry Wong at 448-7845.

Housing Self-Help – The Hickam Family Housing Brochure, Section 10, states “No self-help project may be initiated until written approval is received.” All self-help work (sheds, fences, trampolines, basketball hoops, window air conditioners, TV satellite dishes

etc.) require submittal of Air Force Form 332. The standard fencing authorized is four feet high chain-link. Bamboo, skirting, aluminum slats, sun screens, wood, and all other materials are not authorized and must be removed. A new standard for trampoline installation requires that safety netting be installed on all trampolines or they must be removed immediately. Courtesy notices and citations will be issued for these violations. For more information, contact Barrett Tuck at 448-3118.

C-130, From A1

it from other aircraft.

“The best part of the C-130 is the same thing people make fun of about the C-130, it is slow, and it's small,” said Colonel Mansell. “But, it's a small, tough, versatile aircraft. It can fly to a lot of places other aircraft can't go.”

In addition, piloting this 1950s designed aircraft is different than flying the new state-of-the-art aircraft.

“It's hands-on flying, not automated like the new airplanes, so you’re actually flying the plane and not relying on automation,” said Capt. Noa Allen, who made his final C-130 flight before heading to C-17 pilot training.

Colonel Mansell likened the C-130 to an all-terrain vehicle. “You can take it off road,” he said.

This ability made it the only aircraft capable of landing on Kauai after Hurricane Iniki. The 204th

flew without a tower or approach lights 24 hours a day for several months bringing in supplies to people on Kauai and evacuating the sick and injured to Honolulu for medical care.

Hurricane relief is but one of many operations the C-130 has taken part in since its arrival to Hickam in 1984. As the mission grew and the number of aircraft grew, the HIANG, with four C-130 Hercules under its belt, launched the 204th Airlift Squadron in 1994.

As the aircraft heads for new destinations, so too will Guard members who fly and maintain the C-130 Hercules.

According to Colonel Mansell, some members will retire because they don't have time left in the service to retrain for the C-17 and some will retire to pursue other opportunities.

Some will move over to the C-17, and some will

find new HIANG jobs altogether.

As the crew members head to new destinations, Colonel Mansell notes that it will be the people he misses most.

“I have been in four different active-duty units and one other Guard unit, but this is the tightest group of people I have worked with,” said the colonel. “It really is an Ohana.”

“It's the camaraderie I'll miss most,” said Captain Allen. “I'll miss the big crews. It's nice to have guys on the road to help look after you.”

Once the C-130 pulls the landing gear up and heads to the mainland, the C-17 will have arrived and taken its place as the new state-of-the-art rapid deployment aircraft, with the capability of delivering supplies throughout the world and a new era of cargo pick ups and deliveries will begin.

A-STAFF, From A1

According to a memo dated Nov. 10, 2005, from the Air Force Chief of Staff Gen. T. Michael Moseley, the plan is for all commands to initiate the A-Staff structure effective this past Wednesday, with full implementation by May 1, 2006.

The memo further states that although there may be some variances between the commands and their unique missions, the intent is to standardize the A-Staff wherever possible and align all headquarters' staffs “horizontally and vertically.” This change will affect all commands, warfighting headquarters, and Air Staff as well.

“The Air Staff has been working to develop a consensus among the MAJCOMs and functionals in order to determine the final standard organization structure codes which will be used by all major commands,” said Major Stubbs.

According to Major Stubbs, the term “aligning the phone books” has been used to describe this process.

“In the not-too-distant future, PACAF/A1MX will be able to contact Air Mobility Command/A1MX and know that they have reached their functional counterpart at AMC,” he said. “These changes will improve our ability to develop doctrine and instructions, and streamline our ability to perform the mission.”

Not only will this change help communication between the field and headquarters, but according to Janet Watkins, PACAF Manpower and Organization Division chief, it will help with joint operations.

“The new structure will give us a better interoperability with other MAJCOMs as well as our joint services who are already using this type of system,” Ms. Watkins said. “Even though this will bring a change to our structure, it will not affect manpower numbers at the headquarters.

The new designations for PACAF are:

- A1 - Manpower and Personnel (DP/XPM)
- A2 - Intelligence (IN)
- A3A5 - Air, Space and Information, and Plans and Requirements (DO)
- A4 - Logistics (LG)
- A6 - Communications (SC)
- A7 - Installation and Mission Support (CE, SV, SF, LGC)
- A8A9 - Strategic Plans and Programs and Analyses, Assessments and Lessons Learned (XP)

Staff functions which previously reported to the command section still remain as: PA, HC, HO, FM, JA, SG, IG, RE, RG, and POLAD.

Security forces transformation: More than meets the eye

By Senior Airman
J.G. Buzanowski
Air Force Print News

WASHINGTON (AFPN) – As the Air Force continues to adapt for the future, changes to the security forces career field will affect the total force.

Brig. Gen. Robert Holmes, director of security forces and force protection, calls these transformations a “refocus” on how his people train and fight.

“We’re not in the Cold War anymore; we have to alter our mentality and our practices for today’s reality,” the general said. “Because of the nature of the threat, our Airmen are fighting the global war on terror on the front lines, and we owe it to them to provide training, equipment and resources to be effective.”

Essentially security forces Airmen will focus on preparing for their warfighting mission at forward locations, as well as security at a fixed installation, General Holmes said.

As an example, he cited an Air Force Task Force that operated around Balad Air Base, Iraq, for two months last year. The unit patrolled the local towns and found weapons caches as well as individuals who posed a threat to the base.

“Our Airmen are going ‘outside the wire’ to conduct missions and are proving successful in keeping people safe,” Gen. Holmes said. “Not only for the

folks stationed at the base, but people who live and work in the local area as well. This is very important in the present war on terror.”

Security forces Airmen must learn counter-insurgency techniques and in doing so, they’ll operate more effectively in joint operations, said Maj. Gen. Norman Seip, assistant deputy chief of staff for air & space operations.

“We need to be prepared for a full-spectrum of threats against an air field,” General Seip said. “That means taking more responsibility for defense of our mission, so our sister services can concentrate on their own tasks. We need to understand how they operate, so we’re working closely with the Army to identify additional ways to train our Airmen.”

While security forces will focus more on their warfighting competencies, Air Force leaders are reviewing several options for installation protection duties, like entry control, at home stations. Plans call for more DoD civilians, greater affiliation with Guard and Reserve and better use of technologies, General Holmes said.

The changes to the security forces career field will present the opportunity for other Airman to participate in installation security. While that doesn’t necessarily mean everyone will have a rotation checking identification cards at a gate, it does mean more

comprehensive training, awareness and capability to respond and participate, he said.

“Will every Airman be a cop? No. But every Airman will be a warrior,” General Holmes said. “Every Airman needs to be trained in basic force protection skills and must be prepared to defend an air base and themselves in the event of an attack. This means more than just qualifying with a weapon. We want Airmen to be comfortable with their duty weapon and to develop their shooting skills.”

While definitive plans have not been finalized, General Holmes also said one of the transformation goals is bringing security forces Airmen back in step with standard Air Force 120-day deployments.

“Right now our folks are going out for 179-day rotations,” he said. “Our Airmen need time to reconstitute and train, so it’s important to get them in line with the rest of the Air Force. We aim to do just that.”

Overall, General Holmes said the changes would make security forces Airmen more effective and relevant to Air Force needs in the face of the current changing nature of warfare.

“We want to make our Airmen more proficient, and to do that, we need to adapt,” Gen. Holmes said. “We’re going to change our training, our tactics and our procedures and the Air Force will be better for it.”

COMPACAF announces changes to family days

By Pacific Air Forces
Public Affairs

As a recent update to the 2006 Family Day schedule, two days normally reserved for family days during the Christmas and New Years holidays will now move from the Friday prior, to the Tuesday after each holiday. Instead of Dec. 22 and 29, the new Family Days will be Dec. 26 and Jan. 2.

“As I’ve stated before, I am continually impressed with the dedication and level of effort I’ve seen Airmen and their families put into making this the best Air Force in the world,” said General Paul Hester Pacific Air Forces commander.

Spending time with family is important, said the general. These changes were planned to help Airmen better enjoy this certain time of year and make the most out of their time together.

The new Family Days schedule for 2006 will be the following: 12 Jan, 17 Feb, 26 May, 3 Jul, 1 Sep, 24 Nov, 26 Dec, and 2 Jan.

Civilians are encouraged to take annual leave or use accrued compensatory time.

All PACAF members are encouraged to enjoy this time together with family and friends. General Hester reminds everyone to keep safety in the forefront of everything you do and remember that we are Air Force families taking care of Air Force families.

AFRF offers Feb. classes

Airman and Family Readiness Flight Phone Number: 449-0300

Hickam play group – Tuesday-Thursday sessions, now through Feb. 16 and Feb. 22 to 28, from 9 to 11 a.m. at the preteen pavilion. Parents and children ages birth to five years old are invited to join our early childhood specialist for age-appropriate educational and recreational activities. No registration required.

Redeployment briefing – Feb. 15 and 22 from 2 to 3:30 p.m. People who have recently returned from a contingency or deployment of 30 days or more should plan to attend this briefing. Call the AFRF to register.

In-processing briefing – Feb. 8, 15 and 22 from 8 a.m. to 4:30 p.m. in the MPF multipurpose room, building 1102. This is a mandatory briefing for all Air Force newcomers. Active duty members must first in-process through their commander support staff.

Family readiness briefing – Feb. 7, 14, 21, and 28 from 10 to 11 a.m. All active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Call the AFRF to register.

Sponsorship training – Feb. 10 from 9 to 10:30 a.m. As the unit’s ambassador, sponsors can make relocation to Hawaii a positive experience. Let the AFRF staff help by giving a one-stop shop of the necessary tools and resources needed to be successful. Call the AFRF to register.

Deployed/remote-tour families’ dinner – Feb. 15 from 5 to 7 p.m. at the Hale Aina Dining Facility. Dinner, craft activities for the children, and door prizes are all planned for this special evening. Call the AFRF to register.

Smooth move – Feb. 23 from 9 to 11 a.m. Subject matter experts will update members on the latest policy changes that may impact their move. All members and/or spouses are encouraged to come. Call the AFRF to register.



Find out the difference between cold, flu

How can I tell if I have a cold or the flu?

A cold and the flu have many of the same symptoms, but a cold is generally mild, while the flu tends to be more severe.

A cold often starts with feeling tired, sneezing, coughing and having a runny nose. A person may not have a fever or may run a low fever — just one or two degrees higher than usual. A person may also have muscle aches, a scratchy or sore throat, watery eyes and a headache.

The flu starts suddenly and hits hard. A person will probably feel weak and tired, and have a fever, dry cough, a runny nose, chills, muscle aches, severe headache, eye pain and a sore throat. It usually takes longer to get over the flu than a cold.

What causes colds and the flu?

Viruses. More than 100 different viruses can cause colds. There aren't as many viruses that cause the flu. That's why there's a shot for the flu and not for colds.

What can I do to feel better?

There is no cure for a cold or the flu. Antibiotics do not work against viruses. All patients can do to feel better is treat their symptoms while their body fights off the virus.

Ways to treat cold/flu symptoms

Stay home and rest, especially while the patient has a fever. Stop smoking and avoid secondhand

smoke, which can make cold symptoms worse.

Drink plenty of fluids like water, juices and clear soups. Fluids help loosen mucus. Fluids are also important if the patient has a fever because fever can dry up the body's fluids, which can lead to dehydration.

Don't drink alcohol. Gargle with warm salt water a few times a day to relieve a sore throat. Throat sprays and lozenges may also help relieve the pain. Use salt water (saline) nose drops to help loosen mucus and moisten the tender skin in the nose.

Should I take medicine for my cold or the flu?

Medicine will not cure a cold or the flu. Medicines can, however, help relieve some of the cold or flu symptoms.

Some of these include:

Decongestant to relieve nasal congestion

Antihistamine, which may control sneezing and nasal drip

Cough suppressants to quiet a cough

Expectorants to break up mucus in the chest, making it easier to cough it up

Analgesics, which work to lower fevers and can offer pain relief.

Consult a provider before giving children any medications. If currently taking a medication for any other medical condition, check with a provider before using an over-the-counter product.



Photo by Maj. Anna Righero

Staff Sgt. Jody Ohmer, 15th Medical Operations Squadron, gives Capt. Victoria Lia, 15th MDOS, her flu shot. Individuals who need a flu shot can contact the immunizations clinic to schedule an appointment.

Sick call open to AD

Any active duty member, enrolled to the 15th Medical Group Primary Care Clinic, with an acute illness not requiring emergency treatment, can sign in for sick call in Primary Care between 7:15 and 7:45 a.m.

Members who do not think they can go to work due to illness or injury, should report to active-duty sick.

People should expect a short wait before seeing the provider as only one provider will be seeing all sick call appointments each morning.

Although patients will usually be treated on a first-come, first-serve basis, the triage nurse may prioritize some who may be more seriously ill. As it is considered a duty day, patients are expected to be in uniform.

Individuals who cannot



Photo by Maj. Anna Righero

Team Hickam members wait to be called during active-duty sick call at the Primary Care Clinic.

make it to sick call can call central appointments at 448-6000 to schedule a regular same day appointment.

Members who need a routine or annual physical, or a follow up for a chronic medical condition, or an ongoing problem for which the patient has been seen before, or for

test results, medication refills, or profile updates, call central appointments to schedule an appointment with a primary care manager.

There will be no sick call on Warrior Run Days and the clinic is closed on holidays and Pacific Air Forces Family Days.

Tips to prevent swimmer's ear

By Lt. Col. David Larson
15th Medical Group

Children swim in the summer and swimmer's ear is a common reason for visiting the pediatric clinic.

Swimmer's ear is an infection of the ear canal lining, not a middle ear infection behind the ear drum that requires an oral antibiotic.

Symptoms include pain when the ear lobe is moved up and down or when the nob in front of the ear canal is pushed in, ear canal itchiness and pain, a feeling of fullness or discharge.

One way to help prevent swimmer's ear is to pull the ear lobe in different directions while leaning the head to each side after swimming. This helps drain the water from the ear canal.

Placing three to five drops of a 50 percent rubbing alcohol and 50 percent white vinegar mixture also helps prevent swimmer's ear.

An infection will require at least topical antibiotic-steroid ear drops.

As always do not smoke near children, this includes in the house and in the car. Ear health is impacted by tobacco smoke.

Special points of interest for parents

- Inform the clerks at the front desk of the clinic of any address and/or phone number changes.
- Please insure that all children are up-to-date on their immunizations.

Services offered at Hickam’s Health And Wellness Center

The Health and Wellness Center offers a variety of classes to the Hickam community.

Basic fitness class: The basic principles of exercise, including cardiovascular conditioning, resistance exercise (weight training) and flexibility will be discussed.

Basic nutrition: This class is scheduled for the second Wednesday of each month from 9 to 10 a.m. The class covers carbohydrates, proteins, fats and healthy eating habits.

Body composition improvement program class: A program designed to help individuals shed unwanted weight and maximize fitness for the long-term with a “health-wise” sensible approach.

Body for Life program: Body for Life books are now available for checkout.

BOD POD: Body fat measurements are obtained based on the same whole-body measurement principle as underwater, except it uses air. The technology allows a patient to sit comfortably in the BOD POD’s cabin, while computerized pressure sensors determine the amount of air displaced by the subject’s body.

Cholesterol reduction class: This class is scheduled for the first Wednesday of the month from 8:30 to 9:30 a.m. The class covers identifying lipids, food label reading, grocery shopping, and calorie and fat gram counting.

Exercise counseling: Individualized counseling with an exercise physiologist Monday



through Friday is available by appointment only.

Fitness improvement program class: A one-hour class on ways to improve a person’s fitness level.

Healthy living plan: A two-hour program to provide basic information related to behavior change, exercise, and nutrition.

Nutrition counseling: Individualized nutrition counseling is provided Tuesdays and Thursdays by appointment only.

Relaxation room: Need to relieve stress?

Health and Wellness Center
Location: Across from the Fitness Center
Phone: (808) 448-6170
Hours: Monday, Tuesday, Thursday and Friday:
7:30 a.m. to 4:30 p.m.
Wednesday: 9 a.m. to 1 p.m.
First Friday of the month:
12:30 tp 4:40 p.m.

Come enjoy a quiet relaxing time in our massage chair. The relaxation room is available Monday through Friday from 8 a.m. to 4 p.m.

Tobacco cessation: The program consists of four, 1-hour classes, held on Tuesday from 6 to 7 p.m. The program stresses behavior modifications, group support, nutrition and oral hygiene, etc. Adjunct medications used to assist customers in quitting are nicoderm patch, Zyban or nicorette gum. Classes are every month, unless specified.

Video and book library: More than 100 videos and books ready for checkout.

Wheels to wellness program: Exercise in the great outdoors. High quality trek bicycles are available for free checkout. Limited to two hours per session.

Registration is required for all classes. All classes are one hour and held at the HAWC. All services are free.

Tidbit corner

After Hours Medical Care

If a patient feels he has a medical emergency, he can call 911 to get immediate assistance or go to Tripler Emergency Room for care.

If a patient has an urgent medical need that cannot wait until the clinic reopens, he may contact the on-call provider through the clinics answering service by calling 448-6000 then press 0.

Tricare benefits

Tricare health care is now portable, universal and secure. Accessible anytime, anywhere, from any laptop or personal computer. Now members can:

Schedule online appointments with their primary care manager (Tricare Prime and Plus only).

View customized clinic and provider web pages.

Access 18 million pages of health and wellness information.

To register go to [www.tricareonline .com](http://www.tricareonline.com).

Update information

Making a life change? Don’t forget to update an address with DEERS. Failure to keep this information current may result in future denial of office visits, specialty care, laboratory testing, and pharmacy services including medication refills as well as denial of pending claims.

To update DEERS records, contact the Defense Manpower Data Center Support Office at 1-800-538-9552.

To update an address only in DEERS, visit [www.dmdc.osd.mil/appj/ address/index.jsp](http://www.dmdc.osd.mil/appj/address/index.jsp).

Base organizations offer assistance helping children handle deployments

There are many organizations parents can use to help prepare their children for their parents deployments and coping through the separation and return. This list is intended as a guide and not necessarily an endorsement of any one website.

Office of the Special Assistant of Gulf War Illnesses, Medical Readiness, and Military Deployments
<http://delploymentlink.osd.mil/>

Air Force Crossroads
www.afcrossroads.com

Military Spouse Support Network
<http://members.aol.com/widowclub/>

Military Times Publishing Group
www.militarycity.com

Mothers of Preschoolers
<http://www.gospelcom.net.mops>

Military Lifestyle
www.militarylifesytle.com

Air Force FAPNET
www.airforcefap.org

Military Child Education Coalition
<http://www.militarychild.org911-links.cfm>

Step into Your Child’s World
<http://mfrc.calib.com/healthyparenting>

Hooah 4 Health
<http://www.hooah4health.com>

Deployment Health Clinical Center.
<http://www.pdhealth.mil/veterans/default.asp>

TRICARE Deployment Link
http://deploymentlink.osd.mil/deploy/post_deploy/post_deploy_tricare.shtml

Guard Family Program
<http://www.guardfamily.org/>



Editor's Note: To read the complete stories and find more Air Force News, go to www.af.mil.

Military health system headed to joint future

WASHINGTON (AFPN) – "Jointness" is the future for military operations, and the military health care system will be no different, two Defense Department officials said here Monday.

As the military health system transforms, the services will unite to provide more complete and efficient care to all servicemembers, their families and retirees, said David S. C. Chu, undersecretary of defense for personnel and readiness, at the State of the Military Health System 2006 Annual Conference.

The base realignment and closure, or BRAC, process mandated the most noticeable changes in the military health care community, Mr. Chu said. Under BRAC, Walter Reed Army Medical Center will be replaced by a national military medical center that will bring together the assets of all branches of the military. Also, all medical training operations will be consolidated at Fort Sam Houston, Texas, where a joint facility with state-of-the-art technology will be established.

These large infrastructure changes will allow the military to eliminate redundancy and respond better to changing patient demographics, said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs and director of Tricare Management Activity.

"These are historic moves, but they present great opportunities," Dr. Winkenwerder said.

Joint operations will involve partnering not only within the DOD, Mr. Chu said, but also with other agencies in the U.S. government and in governments of foreign countries.

The most obvious partnership is with the Department of Veterans Affairs, he said. Already, DOD and VA have established a joint executive council that meets quarterly, and the two departments are working on resolving issues such as access to medical records. *(Story by Army Sgt. Sara Wood, American Forces Press Service)*

CMSAF announces retirement

WASHINGTON (AFPN) – The 14th chief master sergeant of the Air Force, Gerald R. Murray, announced plans to retire this summer after serving more than 28 years. Chief Murray has served as the chief master sergeant of the Air Force since July 1, 2002.

"I've grown up as an Airman," Chief Murray said. "The Air Force has been a way of life for me for so long, I know it will be bitter-sweet to say farewell.

"I've been tremendously blessed in my personal and professional life and I owe a great deal to those Air Force leaders, mentors and peers who helped me throughout my career," he said. "I have found that the Air Force has given back to my family and me 10 times what I have given to it, and I am truly

grateful."

Chief Murray enlisted in October 1977 from his Boiling Springs, N.C., hometown, but he feels the Air Force will always be something he calls home.

"I'm also grateful to have represented the best enlisted force in the world to our senior leaders, to Congress and to the American public," Chief Murray said. "It's truly been an honor to serve with such outstanding Airmen and great Americans. While my retirement will take me away from active duty status, I will always be an Airman."

Chief Murray's official retirement date is Oct. 1, but a formal ceremony and appointment for the 15th chief master sergeant of the Air Force is planned for June 30. The Air Force chief of staff selects the individual to fill the position of chief master sergeant of the Air Force. Each major command and direct reporting unit commander and deputy chiefs of staff can nominate potential successors from within their respective commands.

AF evacuates ABC team to U.S.

RAMSTEIN AIR BASE, Germany (AFPN) – An injured ABC News correspondent and cameraman were

Joint care in action



Photo by Master Sgt. Lance Cheung

BALAD AIR BASE, Iraq (AFPN) -- An Army air evacuation Blackhawk Helicopter UH-60 is met by Air Force and Army medics at the Air Force Theater Hospital here Jan. 29. The hospital provides Level 1 trauma

flowed from here to Andrews Air Force Base, Md., today to receive additional medical treatment in the U.S.

Anchorman Bob Woodruff and cameraman, Doug Vogt, were injured in Iraq and treated for their injuries at

the Air Force Theater Hospital at Balad Air Base, Iraq, and later at Landstuhl Regional Medical Center near here.

Airmen from Ramstein's 435th Contingency Aero-medical Staging Facility

and specialized medical care throughout the Iraqi theater. Some of their specialties include neurosurgery, orthopedics, oral maxillofacial and vascular medicine.

transferred the patients from Landstuhl to a C-17 Globemaster III before departure. The two men were among 30 patients on the aircraft, which is from the Mississippi Air National Guard.

Members of Ramstein's 86th Aeromedical Evacuation Squadron provided in-transit care on the flight, said Lt. Col Stephen Hill, 86th AES. *(Story by Erin Zagursky, 435th Air Base Wing Public Affairs)*